

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.

LIBRARY

RECEIVED

PINTO AND GREAT NORTHERN BEANS ARE VALUABLE FOODS

★ MAR 7 - 1933 ★
U. S. Department of Agriculture

Both the Pinto and the Great Northern bean belong to the group of common kidney beans (*Phaseolus vulgaris*). The Pinto bean is dark in color and the Great Northern is light, resembling the navy bean in appearance and composition.

Both these beans are cheap sources of energy in concentrated form. The large amount of protein contained and relatively large amount of calcium make them valuable additions to the diet at any time. The presence of vitamin D makes them especially desirable in winter when the diet is likely to be low in this respect.

Recipes using Pinto and Great Northern Beans

Generally speaking, Pinto and Great Northern beans may be prepared in the same ways. They are good in soups, as the main dish of the meal, and in salads. These beans are especially good combined with salt pork, tomatoes, and onions.

Soup using Pinto or Great Northern Beans

1 cup dried beans	$\frac{1}{2}$ cup chopped onion
2 ounces salt pork, diced	Salt and pepper to taste

Soak the beans overnight in water to cover. In the morning add 2 cups more water, cook the beans until tender, and put them through a sieve or colander. Brown the diced salt pork and add it to the bean pulp. Brown the onion in the salt pork fat, stir into the soup. Add water to give the proper consistency and salt and pepper to taste. Serve very hot.

Chopped peanuts may be added for variation. Or pour this soup over toast covered with browned sliced onions, and sprinkle grated cheese over the top.

Great Northern or Pinto Baked Beans

2 cups dried beans	1 tablespoon molasses
$\frac{1}{4}$ pound salt pork	1 teaspoon mustard
2 tablespoons chopped onion	Salt to taste

Soak the beans overnight in water to cover. In the morning add 2 cups more water, and cook until almost tender. Score the rind of the salt pork, put half of the pork with the onion in the bottom of the bean pot, and add the beans. Mix the molasses and other seasonings with a little hot water, and pour over the beans. Add just enough more water to cover. Place the rest of the salt pork on top, cover the pot, and bake the beans very slowly for 6 or 7 hours. Add a little hot water from time to time to replace that which cooks away and is absorbed by the beans. Keep the lid on the bean pot until the last hour of cooking. Then uncover and allow the beans and pork on the top to brown.

287-R (1-2-33)

Boiled Pinto or Great Northern Beans

2 cups dried beans	Salt and pepper to taste
1/4 pound salt pork	

Soak the beans overnight in water to cover. In the morning add 2 cups more water, the salt pork, and the seasoning. Simmer for an hour, or until the beans are tender. Add more water if needed. The beans may be cooked without soaking but the time will be twice as long. If cooked in a covered vessel, slightly less time is required but the bean flavor is more pronounced.

Scalloped Pinto or Great Northern Beans

2 cups dried beans	2 cups water
1/4 pound salt pork, diced	Salt and pepper to taste
2 medium-sized onions, chopped	1/2 cup bread crumbs
4 tablespoons flour	

Soak the beans overnight in water to cover. In the morning add 2 cups more water and cook until tender. Brown the salt pork and add to the beans. Then brown the onions in the salt pork fat and add to the beans. Mix the remaining fat with the flour, stir in the water, and mix with the beans. Add salt and pepper to taste and put the mixture in a greased baking dish. Sprinkle the bread crumbs over the top. Bake in a moderately hot oven (350° to 400°F.) for 20 minutes. Serve from the baking dish.

Topping John with Pinto or Great Northern Beans

1 cup dried beans	3/4 cup cooked rice
1 ounce salt pork, diced	Salt and pepper to taste
1/4 cup chopped onion	

Soak the beans overnight in water to cover. In the morning add 2 cups more water, and cook until tender. Brown the salt pork and add to the beans. Brown the onion in the salt pork fat. Mix all the ingredients, and add salt and pepper to taste. Continue cooking for 10 minutes, and serve at once.

For variety, sprinkle grated cheese over the Topping John and serve with catsup or tomato sauce. Or brown the uncooked rice in some of the salt pork fat and add it to the beans during the last 20 minutes they are cooking.

Chili con Carne

2 cups cooked beans	1/4 cup chopped onion
1/4 pound salt pork, diced	2 cups tomatoes
1/2 pound ground lean beef	1 tablespoon chili powder

Brown the salt pork and add to the beans. Then brown the onion in the salt pork fat, add the beef, and cook slowly for 5 minutes. Combine all the ingredients, and simmer until the meat is tender and the flavors well blended.